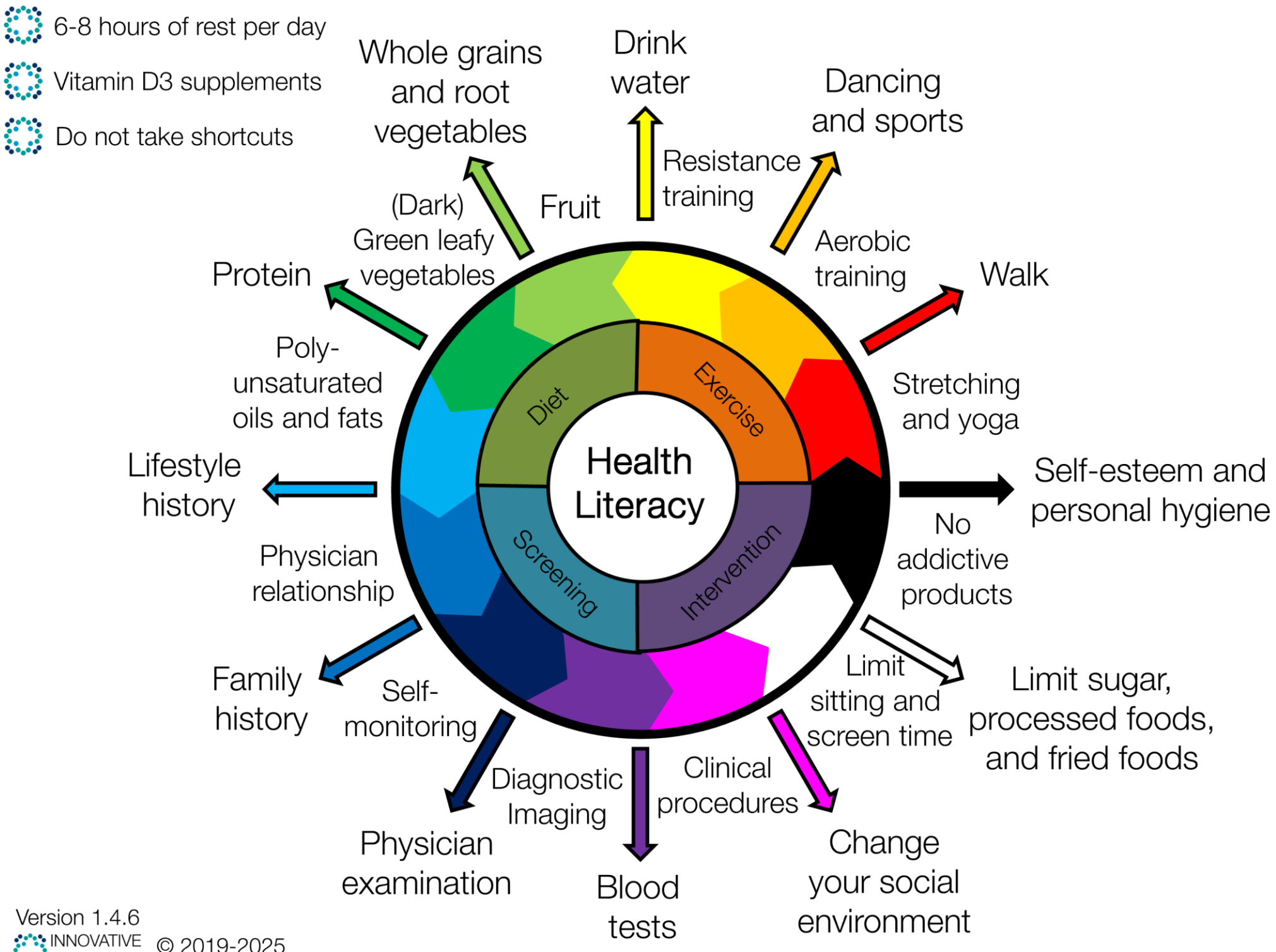

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Health Literacy

This tool is a guide for understanding and improving personal health literacy. Users are encouraged to obtain more information about these subject areas from credible internet sources, licensed healthcare professionals and medical experts.

Diet

- **Drink water** – Dehydration can cause muscle cramps, decreased skin elasticity, constipation, and kidney stones.
- **Fruit** – Adds complex sugars, soluble and insoluble fibre, water, vitamins, and minerals into your diet.
- **Whole grains and root vegetables** – Adds complex sugars, soluble and insoluble fibre, water, vitamins, and minerals to your diet.
- **(Dark) Green leafy vegetables** – Adds complex sugars, soluble and insoluble fibre, water, vitamins, and minerals to your diet.
- **Protein** – Protein should be a main source of your dietary Calories, include meat, legumes, nuts, dairy, eggs, and fish to your diet.
- **Poly-unsaturated oils and fats** – Eating plant or fish-based fats and oils over animal fats and oils decreases inflammation and the risk of cardiovascular disease.

Screening

- **Lifestyle history** – Be aware of your lifestyle over the past 5-7 years. Reflect on, identify, and accept the need for improvements in your daily habits. Be honest with yourself.
- **Physician relationship** – Building a healthy relationship with your doctor requires personal courage to overcome feeling embarrassed, afraid, or ashamed. Be truthful with your doctor about your circumstances. Try to understand how your proscribed medications function. Do not be afraid to ask your doctor "stupid questions".
- **Family history** – The health conditions of closely related family members can have an impact on your future health. Oftentimes, hereditary health conditions can be treated pre-emptively to avoid or lessen their impacts on your daily life. Please speak with your doctor for more information.
- **Self-monitoring** – Being aware of your own body and how it changes over time will help you and your doctor to identify possible health issues before they become inconvenient, debilitating, or life threatening. Respectfully inspect oneself or loved ones on a regular basis; looking, touching, and feeling for signs of pain, discomfort, discolouration, or changed health status. Talk to your doctor if you notice any changes.
- **Physician examination** – Your doctor is expertly qualified to identify the signs and symptoms of a changing health status; while it might be uncomfortable, having the courage to undergo a physician examination could save your life.
- **Diagnostic imaging** – Diagnostic imaging is used to identify and confirm the existence of health concerns. Diagnostic imaging is used to plan preventative health strategies as well as courses of treatment.

Intervention

- **Blood tests** – Routine blood sampling is used to measure most information about your body, and to help your doctor to identify and establish a baseline, a definition of what is or is not considered normal for your body.
- **Clinical procedures** – Your doctor is able to use highly specialized techniques and equipment to improve your health, often located in a hospital or sterilized environment.
- **Change social environment** – Social cues are very important in our daily lives, they can enrich us as well as deteriorate our spirits. Surround yourself with positive and beneficial influencers. Do not be afraid to make better friends.
- **Limit screen and sitting time** – These two activities, separate and in combination with each other, have been identified as habit forming and the cause of a number of long-term health problems including depression, anxiety, obesity, and are associated with an overall poor health status.
- **Limit sugar, processed foods, and fried foods** – These types of foods are designed to activate pleasure centres, are typically Calorie dense, and are preferably metabolized into fat stores by the body.
- **No addictive products** – Cigarettes, tobacco products, vapes, alcohol, cannabis/marijuana, cocaine, caffeine, refined sugar, and other street drugs have a natural ability to chemically exhaust reward centers in the brain. Do not use them.

Exercise

- **Self-esteem and personal hygiene** – Personal grooming and hygiene can help to eliminate some sources of infectious disease, alleviate stress, and boost confidence. Take the time required to identify and overcome personal stressors, physical, emotional, or spiritual.
- **Stretching and yoga** – Both of these activities are low-impact activities that promote neuromuscular awareness and circulation of the blood and lymph. Stretching and yoga are excellent means to relieve stress.
- **Walk** – Walking is a perfect place to start introducing low-intensity physical activities, new ideas, experiences, and people into your life.
- **Aerobic training** – Aerobic training includes brisk walking, jogging, running and swimming and is used to improve the functioning of your heart, lungs, vasculature, muscles, and overall ability to metabolize food.
- **Dancing and sports** – Dancing and sports are low-cost and low-impact ways to promote and incorporate social and physical well-being into you daily life. Don't be embarrassed, feel the music.
- **Resistance training** – Resistance training includes use of resistance bands, some types of yard work, weight lifting, calisthenics, bodyweight exercises and is used to improve your strength and endurance when performing work, activities, and sports.

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